

ÉCOLE BELLOUET CONSEIL

LA DÉLICIEUSE

Ingredients

Almond sweet paste
175 g butter
2 g salt
100 g icing sugar
35 g ground almonds
2 g Madagascar Bourbon vanilla powder
250 g flour
50 g eggs

Dried fruit mixture
60 g eggs
40 g cream
125 g sugar
125 g glucose
27 g flour
40 g parched almonds
40 g parched hazelnuts
40 g pecan nuts
20 g whole pistachios

Pear compote
300 g pear puree
50 g lemon juice
8 g pectin NH
40 g sugar
40 g glucose
56 g gelatine mass (8 g 200 bloom gelatine powder and 48g water)
30 g pear brandy

White chocolate
& vanilla whipped cream
650 g cream
2 Madagascar Bourbon vanilla beans
300 g white chocolate

Preparation

Almond sweet paste
In a mixing bowl with a paddle attachment, rub together all ingredients except for the eggs. Add the eggs at the end then finish mixing the paste without overworking. Stop the mixer once the paste is homogenous. Cover the paste with film and stock in the refrigerator at 4°C. Once completely cold, roll out the paste to 2.5 mm and cut out 3 discs of 25 cm in diameter. Allow the paste to rest in the refrigerator then line three tarts rings of 18 cm in diameter. Bake the rings "blonde" in a fan forced oven at 160°C on a sheet of “silpat” for 15 min. Stock until required. Cut the remaining paint into small cubes of 1 cm then rolled in sugar and baked in a fan forced oven at 160°C for 10 min. Stock the baked cubes for the finishing.

Dried fruit mixture
In a fan forced oven, lightly roast at 160°C for 8 min, the almonds, hazelnuts and pecan nuts then chop roughly. Combine all the ingredients in their order with a spatula. Stock for the assembly. Pour the mixture, 160 g per tart and bake in a fan forced oven at 160°C for 10 min. Stock for the pear compote.

Pear compote
Combine together the pectin and the sugar. Lightly heat the pear puree then add the mixture of sugar, pectin and glucose. Boil together for 2 min. Remove from the heat the saucepan and add the gelatine mass.
Once the mixture has cooled to 50°C, add the pear brandy.

Pour 180 g of the pear compote onto the tart bases with the baked dried fruit mixture. Stock for the finishing.

White chocolate & vanilla whipped cream
In a saucepan, bring to the boil the cream with the vanilla bean, cut into two and scraped. Cover and allow to infuse for 20 min. Warm lightly the mixture then pour through a fine sieve onto the white chocolate. Stock the mixture in the refrigerator overnight. The following day in a mixing bowl, whisk the mixture as for a chantilly cream. Pipe the cream with a piping bag and plain nozzle three spiral discs of 16 cm in diameter. Place the discs into the freezer.

Assembly and finishing
Spray the frozen spiral vanilla and white chocolate discs with a neutral glaze. Position each disc onto each prepared pear tart in the centre.
Decorate around each tart wit the small baked cubes of sugared almond paste. Finish with some white chocolate feathers and vanilla powder.

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